

Choco Fever Dream

Quick Sourdough Pizza Dough Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
2 Servings	**Medium** Difficulty	**Italian** Cuisine

Ingredients

Dough

- [ ] 500 g bread flour
- [ ] 320 g water (lukewarm)
- [ ] 100 g active sourdough starter (100% hydration)
- [ ] 10 g sea salt
- [ ] 5 g honey
- [ ] 15 g olive oil (optional)
- [ ] 1 tsp lemon juice

Optional Toppings

- [ ] Tomato sauce
- [ ] Fresh mozzarella
- [ ] Basil leaves
- [ ] Thinly sliced red onion

Instructions

1. In a large bowl, combine flour and water; stir until just incorporated and let rest for 30 minutes (autolyse).
2. Add the active starter, salt, honey, olive oil, and lemon juice. Mix until a shaggy dough forms.
3. Perform a series of stretch-and-folds every 30 minutes over a 2-hour bulk fermentation; the dough should become smooth and elastic.
4. Divide the dough into two balls, cover, and let rest for 30 minutes before shaping into pizza rounds.
5. Preheat a pizza stone in the oven to 500°F (260°C). Transfer the shaped dough onto a floured peel, add toppings, and bake for 8-10 minutes until the crust is golden and bubbly.

Nutrition per serving

350 kcal	12 g	55 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the dough feels too sticky, dust the work surface lightly with flour; avoid adding too much extra flour.
- A quick mist of water in the oven creates steam, helping the crust develop a beautiful crust.
- For a deeper flavor, let the dough ferment in the refrigerator overnight; just bring it back to room temperature before shaping.